

Crew Off Duty • ISS Attitude Change (LVLH [OCK] to X-POP [PCO])

GMT	CREW	ACTIVITY
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:30–11:30		Weekly housecleaning
11:30–13:00	FE-2	Physical exercise (RED)
11:30–12:30	CDR	Physical exercise (CEVIS)
11:30–12:30	FE-1	Physical exercise (VELO + Load Trainer-1 / day 2)
12:30–12:40	CDR	METOX regeneration (term)
12:30–12:35	FE-1	Inspection of БРПК separator
13:00–14:00		LUNCH
14:00–14:30		Weekly planning conference (<i>S-band</i>)
14:50–15:30	FE-2	Maintenance of COЖ
16:00–17:00	FE-2	Physical exercise (TVIS)
17:07–17:22	CDR	Private family conference (<i>S-band</i>)
17:00–18:30	FE-1	Physical exercise (TVIS-2)
18:00–19:30	CDR	Physical exercise (RED)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note: See OSTP for references to US procedures

End of radiogram